

# SOCIETY

Household Interests

Personal Notes

## Prepare for Winter

BY LILLIAN RUSSELL.

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During the summer and fall months, when the air is light, clean and filled with life, that is the time to prepare to meet the rigors of winter. It is a sad commentary upon the care that people take of their health when one considers the continuous chorus of coughing to be heard in theatres, or at all public gatherings during the early winter months.

Winter cold, of course, will occur, but with a proper regard for the health, people would be less susceptible to this foundation of ailments. Deep breathing at all times, especially during the summer and autumn months, is the best guard against the winter cold.

When the air is taken into the lungs in such quantity as to fill the air cells to their capacity, it draws a great amount of reserve strength from oxygen. Oxygen is life itself, and it is up to all humans to draw a great amount of life from the air, accordingly as they realize the importance of such action. To use but half the lungs—that is, to breathe lightly and without effort to fill the lungs—is to deny yourself all measure of the life-giving oxygen.

It is not a difficult matter to acquire the habit of deep breathing. The benefits accruing from the practice will prove of such benefit to the body that the likelihood of deep breathing being neglected in the future. The importance of deep breathing for it is natural in the fact that a maximum amount of oxygen is taken into the body but it is the means of clearing the lung cells of poisons.

Fresh air flushes the lung cells just as water performs a like function externally. The poisonous gases which linger are driven out and the blood draws its life and health from the greater surface than is available when the lungs perform but one-half of their function.

Deep breathing in the autumn will so fortify the system that colds and other ailments will meet with scant success, which effectively wards them off. And it is not a difficult matter to make a habit of deep breathing, for it is natural to fill the lungs to their capacity.

Remember, that oxygen is life, and you cannot get too much of it. The air is free, so draw deeply of it.

## Lillian Russell's Answers.

Subscriber, Winkles that are not deep can be removed by massage with a good skin food. Always massage the wrinkles in the opposite direction in which they run. For wrinkles at the corners of the mouth and between the eyes, adhesive plaster may be worn to remove them. Cut a small half moon of adhesive plaster, lift the wrinkle and smooth it out, then apply the plaster. Keep this on all night. In the morning the wrinkle will be removed. For wrinkles between the eyes, cut a small piece of adhesive plaster, smooth the wrinkles out, and put the plaster across the wrinkles. Do this every night. If you care for wrinkles for facial massage, use a cream, and adhesive plaster and I shall send you the formula for the French tonic for eyebrows.

Miss L. E. Year. I think long eye lashes are beautiful. If your lashes are short it will not take much time and trouble to make them longer. Each eye before bedtime, rub a little of the melted vasoline to the roots of the lashes. Be careful that you do not get any of it into the eyes, for oil irritates them. Send me a stamped, addressed envelope and I shall send you the formula for the French tonic for eyebrows.

N. N. The article you mention is proprietary and I cannot give you any advice or information on it. Be careful what you use on your face. The skin of the face is tender.

## Dr. Brady's Health Talks

THAT LAME SHOULDER.

The most frequent cause of shoulder joint disability with which we have to deal is "rheumatism," or, in English, inflammation of the protective joint which caps the outside point of the shoulder.

This is usually caused by some injury or strain of the shoulder joint, which the patient does not realize, but that there was some serious injury. It is often mistaken for "rheumatism," or "neuritis," which is a different thing. It lasts many months and the muscles about the shoulder and upper arm become weak and wasted from disuse.

The patient can endure a limit of pain, but as soon as the arm is extended outward beyond ten degrees from the chest, the pain becomes severe. For instance, it is impossible for the patient to button his coat, or to hold a cup or a spoon. He can readily place the hand upon the opposite shoulder, however, and this position seems to give him some comfort. In bed he finds it difficult to assume a comfortable position.

**Must Rub the Rust Joint.**

He has tried liniments and "rheumatism cures" and all sorts of things, but hasn't tried, and must try if he would get rid of his pet shoulder, is stretching the adhesions which have formed as a result of the former inflammation of the bursa. This requires great persistence and a whole-souled willingness to suffer to-day for the sake of to-morrow's comfort.

Sometimes it is necessary to place the patient under ether and forcibly stretch the adhesions for him. This is unnecessary, but if it is necessary to start on the way toward full recovery.

**How to Peel the Bursa.**

A very characteristic sign of this kind of stiff painful shoulder is made by passing the finger under the shoulder joint, just beneath the prominent bony point. This causes exquisite pain, as it squeezes the inflamed bursa. Now, if the arm can be carried away from the body and lifted upward, and the finger pressure made in the same place, there is little or no pain. This is because the inflamed bursa has slipped up under the bony point beyond reach. This test distinguishes bursitis from inflammation in the joint itself.

In such a case, the patient should be told of the danger of the weather, which, according to the ancient bit, causes the weather to change. This is a "rheumatism" of the weather, but the patient or his doctor, the weather changes to annoy him to any great extent.

**Questions and Answers.**

Q. Mrs. J. C. asks: Do you approve of the use of borax acid solution or peroxide of hydrogen solution as an irrigation?

Reply: Yes.

Q. M. asks: Is coca-cola injurious to drink every day?

Reply: No. It only hurts the booze business.

Miss B. P. writes: A prescription of rain water, salts and castile soap was given me to reduce weight. (1) What ingredient is the active one? (2) Is gun-powder and whiskey mixed "poison"? (3) Will peroxide finally kill hair on the face?

Reply: (1) It depends on whether you used it externally or internally. If internally the salts did the work. (2) Whiskey alone is a poison. I have never given it mixed with gun-powder, but I should imagine it would be nearly as deadly that way. (3) Peroxide will kill hair in a thousand years.

## Fashion's Decree

Today's Dress Hint, with authentic note as to style and fabric.



## LEAVE FOR LEXINGTON TO ATTEND V. M. I. FALL HOPS

Many Richmond Society Girls Expected to Be There for This Week-End.

Miss Katherine Lee is leaving town on Thursday for Lexington, where she will attend the fall hops at the Virginia Military Institute. These dances at V. M. I. are interesting and delightful events, and a number of the Richmond girls will leave this week to spend the week-end in Lexington to attend these affairs.

## King—Lover.

Mr. and Mrs. Clarence H. King, of 1206 Grove Avenue, announce the engagement of their daughter, Anna, to Robert King, formerly of Georgia, but now of North Carolina, where she is engaged in doing important church and educational work. The wedding will be celebrated in November at the Centenary Methodist Church in this city.

Miss Shirlee Lee Major, of Harrisonburg, will spend several weeks with her aunt, Mrs. C. H. King, in this city, during her vacation. This is the first time since her marriage to P. B. Schell, Jr., which event will take place in Harrisonburg on October 20.

## In Baltimore.

Mrs. J. Lewis Gibbs, of Richmond, is the guest of her mother, Mrs. Joseph G. Gibbs, at her home at 1414 E. Main Street, where she is spending the week-end. Mrs. Gibbs will remain for several days longer.

## Luncheon for Bridal Party.

Fragrant pink flowers decorated the dining-room and table yesterday for the luncheon given at the Jefferson Hotel by Miss Adelaide Rothert, of 1414 Grove Avenue, in honor of Miss Mary Leigh Pell, daughter of Dr. and Mrs. Edward Leigh Pell, whose wedding to Alfred Moore Scales, a graduate of the University of Virginia, took place yesterday.

The luncheon table was set with a lovely centerpiece of pink asters and snapdragons arranged in one large and two small covers were laid for fifteen guests. Only the members of the bridal party were invited, and the entertainment was a very handsome and interesting event.

Miss Pell's attendants will include two maids of honor, her sister, Miss Lucy Pell, and Miss Adelaide Rothert, and four bridesmaids, Misses Mary Pell, Katherine, and Frances Wyllie, of Danville, and Mary Gorman, of Fayetteville.

Captain Archibald Scales, United States Navy, brother of the bridegroom, is to be best man, and the groomsmen will include Colonel Walker Taylor, of Wilmington, N. C.; J. H. W. of New Orleans; Z. V. Taylor, of Charlotte, N. C.; R. S. Galloway, of Winston-Salem; and J. P. J. I. and Alfred Scales, of Petersburg.

## Back From Abroad.

Mrs. Charles M. Shields, Miss Hattie Shields and Mr. and Mrs. L. Newton Vaughan, Jr., who have been abroad since early in the summer, have returned to their home in Richmond. Mrs. Shields and her party landed in New York last week from England.

Miss Siegrid Dietrichson, who also returned to Richmond, after a summer spent abroad. Miss Dietrichson has been the guest of relatives in Norway and spent the entire summer in that country.

## Return to Richmond.

Mrs. B. A. Boulware and Miss Frances Humphrey, of Kensington Avenue, returned to the city on Saturday, after an extensive trip through the West and Northwest. They visited brothers of Mrs. Boulware, Mrs. W. R. and J. S. Levin, and also spent some time in Chicago and St. Paul, motoring through several of the Western States during their stay.

## Recital on Friday.

The Richmond Conservatory of Music, 301 East Grace Street, will give a faculty recital on Friday evening at 8:30 o'clock in the auditorium of the John Marshall High School. Miss Ferguson, L. R. A. M., the new violin virtuoso from London, England, will render a number of selections. Miss Ferguson, taught for four years in England, after graduating most successfully at the Royal Academy of Music, London, having commenced the study of violin at the age of four years. She was the wife of ten to Brussels, where she studied a season under Bosquet, the well-known Belgian virtuoso.

Mrs. Charles Marshall Bibb, pianist; Mrs. William Reinhardt, soprano, and P. E. Cosby will also feature in the program for Friday night.

## Stay-at-Home Whist Club.

The Stay-at-Home Whist Club met on Monday evening with Mrs. Bland Spottwood Smith at her new home, 311 West Grace Street. Top score was made by John Fickel and his partner, Mrs. Smith will also entertain the club at her residence again next Monday.

## In New York.

Among the Richmond People in New York during the past week have been Mr. and Mrs. W. C. Carrick, Mr. and Mrs. L. Burke, Mr. and Mrs. H. H. Baldwin, Mr. and Mrs. M. H. Tighman, Jr., J. S. Patterson, Mr. R. S. Stanton and daughter, W. E. Barrett and W. D. Crenshaw.

## Returning to Richmond.

Mrs. L. E. Scherer and her family, of 2417 Grove Avenue, who have been spending the summer in the Valley of Virginia, returned home on Monday. Mrs. Scherer has as her guest Mrs. R. F. Whitney, of Washington.

## Lawn Party Friday.

The Sunday School of Park Place Church will give a lawn party on Friday evening from 8 to 11 o'clock at 1829 Floyd Avenue. Every member of the church and school is invited to come. Mrs. J. Lee Todd, Mrs. Blair Matthews, Mrs. C. M. Edgerton, Miss Essie Mann, Miss Beveridge, Miss Minnie Adams, Miss Minnie Jones, Mrs. Anna Bullington, Mrs. Carson, Mrs. Seal and Mrs. Williams will have charge of the event. Miss Jessie Hiter's class will have charge of the fishing pond and will also tell fortunes. Misses Virgie, Allen, Effie Watkins, Cally, Lucile, Lucile Montgomery will have charge of the candy booth, and the young girls of Mr. Chapel's class will serve refreshments.

## IN AND OUT OF TOWN.

Mrs. A. Reine Blair and Miss Alice Blair have returned to the city, after spending the summer months at Bay Head, N. J.

Mrs. Wendham R. Meredith and her daughters, Misses Alice and Marion Meredith, who have been in Canada, have returned to their home, on Park Avenue.

Mrs. Greer Baughman and her children will arrive in Richmond this week, after having spent some time at Glen Allen.

Miss Susie Powell has returned to Richmond, after spending the summer in the Valley of Virginia. She is the daughter of Mr. Powell, of the Richmond branch of the National Association.

Judge James Keith has returned to the city from Warrenton, where he has been for some time.

Miss Carol Minor is the guest of Miss

Elizabeth Owen at "Buck Hill" for a few days.

Miss Marion Northrop of Fredericksburg, is visiting her aunt, Mrs. W. H. Northrop, in this city.

Mrs. Jack Temple and Miss Nannie Temple, who have been in the city for the past week, returned to Richmond on Monday.

Mrs. Richard Thornton, Alvey and Miss Byrd Alvey left Richmond on Tuesday to spend some time in Ashleeville, N. C.

Mrs. Brown of Lexington, is the guest of Mrs. Sadie Baker here, at 225 North Eleventh Street.

Mrs. W. L. Johnson is now occupying her residence at 2419 West Grace Street.

Mrs. L. B. Rider has returned to her home, 719 West Grace Street, after a visit to New York.

Mrs. Charles Brantley Campbell and her daughters, who have been spending the summer in Kentucky, at the White Sulphur and Warm Springs.

Miss Susie Schlegel, of this city, just returned to her home at 195 East Franklin Street.

Mrs. Josephine Sizer will spend the fall and winter with Mrs. Bland S. Smith, at 211 West Grace Street.

Mrs. Mary E. Allen, who has been a guest of Mayor J. P. Rowe and his family in Fredericksburg, has returned to her home here.

Mrs. A. H. Branch, who has been spending a month with relatives in Richmond, has returned to Newport News.

Mrs. T. E. Williams, of this city, is visiting her sisters, Mrs. S. P. Smith and Mrs. C. T. Richardson, in Danville.

Mrs. Drewry Bowles, Misses Addie and Mary Erwin and Miss Daisy Morgan have returned to the city, after visiting Mrs. M. A. Morgan and Mrs. Charles Hammett, near Salem.

Rev. W. Asbury Christian, D. D., of Richmond, has been spending several days this week in Fredericksburg.

Miss Mary Joseph Gardner, of 218 West Grace Street, is a guest at the Martha Washington Hotel in New York City.

Miss Hattie May Smith has returned to her home at Belmont, after spending some time in Fredericksburg, and is now a guest of Mrs. M. A. Morgan and Mrs. Charles Hammett, near Salem.

Mrs. E. Lillian Burford has returned to the city, after spending some time at Ocean View and Willoughby Beach.

John M. Griffin, of Fredericksburg, has returned to his home, after a brief stay in this city.

Mrs. L. D. Clarke and her small granddaughter, of Danville, have been visiting relatives and friends in Richmond and Petersburg.

Mrs. T. W. Wood, who has been at Waynesboro this summer, passed through Richmond Monday en route to Petersburg and Lunenburg.

Mrs. Helen Phillips, of Fredericksburg, arrived in Richmond this week to spend the fall and winter months.

Mrs. J. H. Dougherty, of Newport News, is the guest of friends here, before going to Petersburg.

Linwood Jones and a party of friends returned to Fredericksburg to Richmond on Sunday.

Little Miss Hannah Tucker, of Richmond, is the guest of her aunt, Mrs. James G. Penn, Jr., in Danville.

Mrs. A. W. Liverman, of Newport News, is in this city with her son, Russell, who is at the Johnston-Willis Hospital.

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KODAK HEADQUARTERS

Main and 8th Sts.

223 E. Broad St.

Judge James Keith has returned to the city from Warrenton, where he has been for some time.

Miss Carol Minor is the guest of Miss

## Kaufmann's Wednesday Basement News

Broad at Fourth

The Kaufmann Store

Open Until 6 P. M.

## YOU WANTED SUITS

Here they are—\$10.00 Suits, \$3.98. Twenty Suits of serge, in assorted sizes, 36 to 40; junior sizes, 16 and 18 years. All two-piece Suits, mostly with set-in sleeves, long coat effects, satin lined. Colors of coral, tan and grey; navy, black and brown. A few striped Suits in the assortment. Serviceable and worthy garments for school or street—some are models of the season closing—all were splendid \$10.00 values. A notable price which will clean them up instantly. To-day, \$3.98.

## Cinderella Silk Blouses

Here are two Silk Blouses items that will surely raise the waters among discriminating buyers. Seldom, indeed, are we in a position to offer Silk blouses at such attractive prices.

China Silk Blouse, with drop shoulder and three-quarter sleeve. Organdy collar, scalloped and embroidered in sprays. Finished with crocheted buttons; sizes 36 to 44. \$1.00.

White China Silk Blouse, three-quarter Raglan sleeve, with organdy cuffs. Silk collar, fancy pointed, scalloped and embroidered. Crocheted buttons to finish; sizes 36 to 44. To-day at \$1.00.

## Lingerie Underwear

on the 25c

## Table

Corset Covers of long cloth, with deep yokes formed of Val insertion. Edge and beading ribbon finished. Also trimmed with Swiss insertion and edge. Sizes 36 to 44. Extra good value to-day at 25c.

Drawers of longcloth, with deep ruffle of lawn, tucked and finished with imitation linen edge. Special, 25c.

## Extra \$1.00

## Kimono

Kimono in high Empire model of serpentine crepe. Finished with silk collar, fancy pointed and turn-back cuffs. Satin ribbon trimmed. Assorted colors and floral designs—\$1.00.

Coutil and Batiste Corsets; a lot of odds and ends left from previous sales; broken styles and sizes. Values to \$1.50. To-day at 33c.

## D. PERLIN

THE LADIES' TAILOR.

808 East Grace Street.

Wishes to announce to his patrons that he has a line of models of plain and fancy suits and auto coats from the foremost houses from home and abroad. He cordially invites your inspection.

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101 EAST BROAD STREET

Mrs. E. Lillian Burford has returned to the city, after spending some time at Ocean View and Willoughby Beach.

## THALHIDER'S

ROAD AND FIFTH ST.

Mrs. L. D. Clarke and her small granddaughter, of Danville, have been visiting relatives and friends in Richmond and Petersburg.

## Men's \$6.50 Bath

Robes, \$4.95

Shown in the rich Indian designs—six colors to select from. Just the robe for the young man leaving for school.

## Wear-Resisting School Shoes, for boys and girls; \$3.00 down to \$1.00

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